

# **Colonial Range**

## **Cooker Instruction and Recipe Book**

# **Creda**

**You must read these instructions prior to using the  
appliance and retain them for future reference.**



For more information on our exciting product range ring  
**Creda Answer Centre 0541 54 64 74**

OR



Visit us on the **NET** at  
**<http://www.creda.co.uk>**

Our site invites you to make use of our **interactive cookbook** and **product selector**.  
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or to **ask for help** on our products and services



**Creda**

General Domestic Appliances Ltd. Morley Way Peterborough PE2 9JB  
**Creda Answer Centre 0541 54 64 74**  
**Web <http://www.creda.co.uk>**

It may be necessary from time to time to change the specification outlined in this booklet without notice. Any change which is made will not affect your statutory rights.

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# Introduction to Colonial

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Your new cooker is guaranteed and will give lasting service. **This guarantee is only applicable if the appliance has been installed in accordance with the installation instructions detailed in this booklet.**



To help make the best use of your Creda cooking equipment please read this booklet carefully.

The cooker is designed specifically for domestic use and responsibility will not be accepted for use in any other installation.

When first using the cooker ensure that the room is well ventilated (e.g. open a window or use an extractor fan) and that persons who may be sensitive to the odour avoid any fumes. It is suggested that any pets be removed from the room until the smell has ceased. This odour is due to temporary finish on oven liners and elements and also any moisture absorbed by the insulation.



This appliance conforms to the following EEC Directives:

Gas Appliances

90/396/EEC

Low Voltage Equipment

73/23/EEC

93/68/EEC

Electromagnetic Compatibility

89/336/EEC

92/31/EEC

93/68/EEC

**THIS APPLIANCE MUST BE INSTALLED IN ACCORDANCE WITH THE RULES IN FORCE, AND USED ONLY IN A SUFFICIENTLY VENTILATED SPACE. CONSULT INSTRUCTIONS BEFORE INSTALLATION AND USE OF THIS APPLIANCE.**

# Installation – Electrical

## **WARNING – THIS APPLIANCE MUST BE EARTHED.**

Your appliance should be checked to ensure that the voltage corresponds with your supply voltage, this is stated on the rating plate, which is situated on the front of the plinth. The cooker must be connected by a NICEIC registered contractor to a suitable double-pole control unit, with a minimum rating of 30A and a minimum contact clearance of 3mm, which should be fitted adjacent to (but not above) the cooker, in accordance with IEE regulations.

The power supply cable should conform to B.S.6004 with a conductor size of 6mm<sup>2</sup>.

The control unit should be easily accessible in the event of an emergency.

This appliance conforms to EN 55014 regarding suppression of radio and television interference.

Access to the mains terminals is gained by removing the rear access cover.

The mains cable must pass through the cable clamp adjacent to the terminal block. Sufficient cable should be used to allow the cooker to be pulled out for servicing.

Ensure that the mains cable is routed away from any brackets affixed to the rear panel (especially the vent outlet covers) and is not trapped to the rear wall when pushing the cooker into position between cabinets.

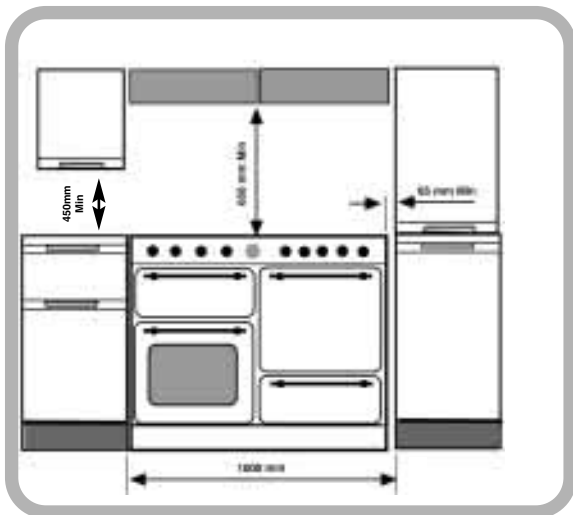
### **Siting the Cooker**

Your cooker is heavy, so it would be advisable for two people to move it. The cooker is fitted with rear wheels and will slide into position easily. Movement of your cooker is most easily achieved as follows. Open the Grill/Oven door sufficiently to allow a comfortable grip on the underside front edge of the oven roof, avoiding any grill elements or oven interior furniture, and then lift and slide back at the same time.

Your cooker must stand on a flat surface so that the hob is perfectly level, and the cooker is stable and cannot be rocked, this is easily achieved by adjusting the 3 feet which are under the front of the cooker, if necessary.

The cooker is designed to fit between kitchen cabinets spaced 1000mm apart. The space either side need only be sufficient to allow withdrawal of the cooker for servicing. It can be used with cabinets one side or both. It can also be used freestanding.

This cooker is a class X appliance, as such adjacent side walls which project above hob level, must not be nearer to the cooker than 65mm and should be protected by heat resistant material. Any overhanging surface or cookerhood should not be nearer 650mm.



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# Installation – Gas

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This cooker has been adjusted to burn natural gas G20 only. However, it can be converted to burn butane G30 at 28/30 mbars or propane gas G31 at 37 mbars.

A conversion kit can be obtained free of charge by telephoning: 0541 530 530.

## **GAS SAFETY INSTALLATIONS & USE REGULATIONS**

It is law that all gas appliances are installed by competent persons in accordance with the current edition of the above regulations. It is in your interest and that of safety to ensure compliance with the law.

In the UK, CORGI registered installers work to safe standards of practice.

The cooker must also be installed in accordance with BS 6172: 1990. Failure to install the cooker correctly could invalidate the warranty liability claims and could lead to prosecution.

The room containing the cooker should have an air supply in accordance with BS 5440: Part 2: 1989.

### **Provision for Ventilation**

The room must have an openable window or equivalent; some rooms may also require a permanent vent. If the room has a volume between 5 and 10m<sup>3</sup>, it will require an air vent of 50cm<sup>2</sup> effective area unless it has a door which opens directly to outside. If the room has a volume of less than 5m<sup>3</sup>, it will require an air vent of 100cm<sup>2</sup> effective area. If there are other fuel burning appliances in the same room, BS 5440 Part 2: 1989 should be consulted to determine air vent requirements.

### **Stability**

The cooker must be fitted with a stability device firmly secured to the fabric of the building. The back of the cooker has a bracket, which can be used to affix a chain.

### **Connection**

Connection to the cooker should be made with an approved appliance flexible connection to BS 669. If used with LPG the hose should be suitable for L.P.G. and capable of withstanding 50mbars pressure. A length of 0.9 to 1.25m is recommended. The length of hose chosen should be such that when the cooker is in situ, the hose does not touch the floor.

The temperature rise of areas at the rear of the cooker that are likely to come in contact with the flexible hose do not exceed 70°C.

After installation, check for soundness.

### **Unpacking**

After unpacking your cooker, make sure that you remove all packing from the oven and grill, and any stickers from the oven and the hob.

### **Operational Check**

Test the gas pressure at any injector using the pressure test adaptor provided in place of one of the injectors. Once the pressure has been tested, re-fit the original injector. Fit the burner caps, enamelled discs and pan supports. With reference to the User's Instructions; check that the hotplate burners ignite correctly and with a steady flame. Check for a steady flame at the low (flame symbol) setting. After completion, keep the pressure test adaptor in or close to the gas meter for future servicing.

# Product Specification

ELECTRICAL SECTION				
Supply Voltage	240V AC only		230V AC only	
Supply Frequency	50 Hz		50 Hz	
Total Wattage	10.5 kW		9.6 kW	
Solarplus Grill Wattage	Full Grill 2.6 kW		2.39 kW	
Solarplus Grill Wattage	Half Grill 1.3 kW		1.2 kW	
Left Hand Fan Oven Wattage	2.5 kW		2.3 kW	
Convention Grill Wattage	2 kW		1.83 kW	
Convention Oven Wattage	2.4 kW		2.2 kW	
Left Rear Hotplate Wattage	1.5 kW		1.38 kW	
Left Front Hotplate Wattage	1.0 kW		.918 kW	
Warming Compartment	470 W		430 W	
GAS SECTION				
	Natural Gas		Butane & Propane	
	Heat Input	Injector	Heat Input	Injector
Rear Plates	3.1 / 1.7	145/105	3.1 / 1.7	90 / 71
Front Plate	3.1	145	3.1	90
Solarplus Grill area	900cm²			
Fan Oven Capacity	51.5 Litres			
Warming Compartment	45.7 Litres			
Conventional Grill area	760cm²			
Conventional Oven Capacity	46.3 Litres			
Nominal External Dimensions including Trim	H = 900mm			
	W = 1000mm			
	D = 600mm			

## Check that the following parts are present:

Literature Pack	Grill Pan
3 Pan supports	2 Meat Pans
3 Burner Caps	2 Pan Handles
Test Adaptor	

# For Your Safety



**When used properly, your appliance is completely safe but as with any electrical product there are certain precautions that must be observed.**

**PLEASE READ THE PRECAUTIONS BELOW BEFORE USING YOUR APPLIANCE.**

## **ALWAYS**

- Always make sure you remove all packaging and literature from inside the oven and grill compartments before switching on for the first time.
- Always make sure you understand the controls prior to using the appliance.
- Always keep children away from the appliance when in use as the surfaces will get extremely hot during and after cooking.
- Always make sure all controls are turned off when you have finished cooking and when not in use.
- Always stand back when opening an oven door to allow any build up of steam or heat to disperse.
- Always use dry, good quality oven gloves when removing items from the oven/grill.
- Always take care to avoid heat/steam burns when operating the controls.
- Always turn off the electricity supply at the wall switch before cleaning and allow the appliance to cool.
- Always make sure the shelves are in the correct position before switching on the oven.
- Always keep the oven and grill doors closed when the appliance is not in use.
- Always take care when removing utensils from the top oven when the main oven is in use as the contents may be hot.
- Always keep the appliance clean as a build up of grease or fat from cooking can cause a fire.
- Always follow the basic principles of food handling and hygiene to prevent the possibility of bacterial growth.
- Always keep ventilation slots clear of obstructions.
- Always refer servicing to a qualified appliance service engineer.

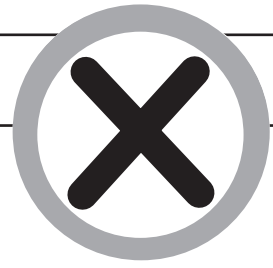
## **SAFETY ADVICE**

### **IN THE EVENT OF A CHIP PAN OR ANY OTHER PAN FIRE:**

1. **TURN OFF THE COOKER APPLIANCE AT THE WALL SWITCH.**
2. **COVER PAN WITH A FIRE BLANKET OR DAMP CLOTH**, this will smother the flames and extinguish the fire.
3. **LEAVE PAN TO COOL FOR AT LEAST 60 MINUTES BEFORE MOVING IT.**  
Injuries are often caused by picking up a hot pan and rushing outside with it.

**NEVER USE A FIRE EXTINGUISHER TO PUT OUT A PAN FIRE** as the force of the extinguisher is likely to tip the pan over. Never use water to extinguish oil or fat fires.

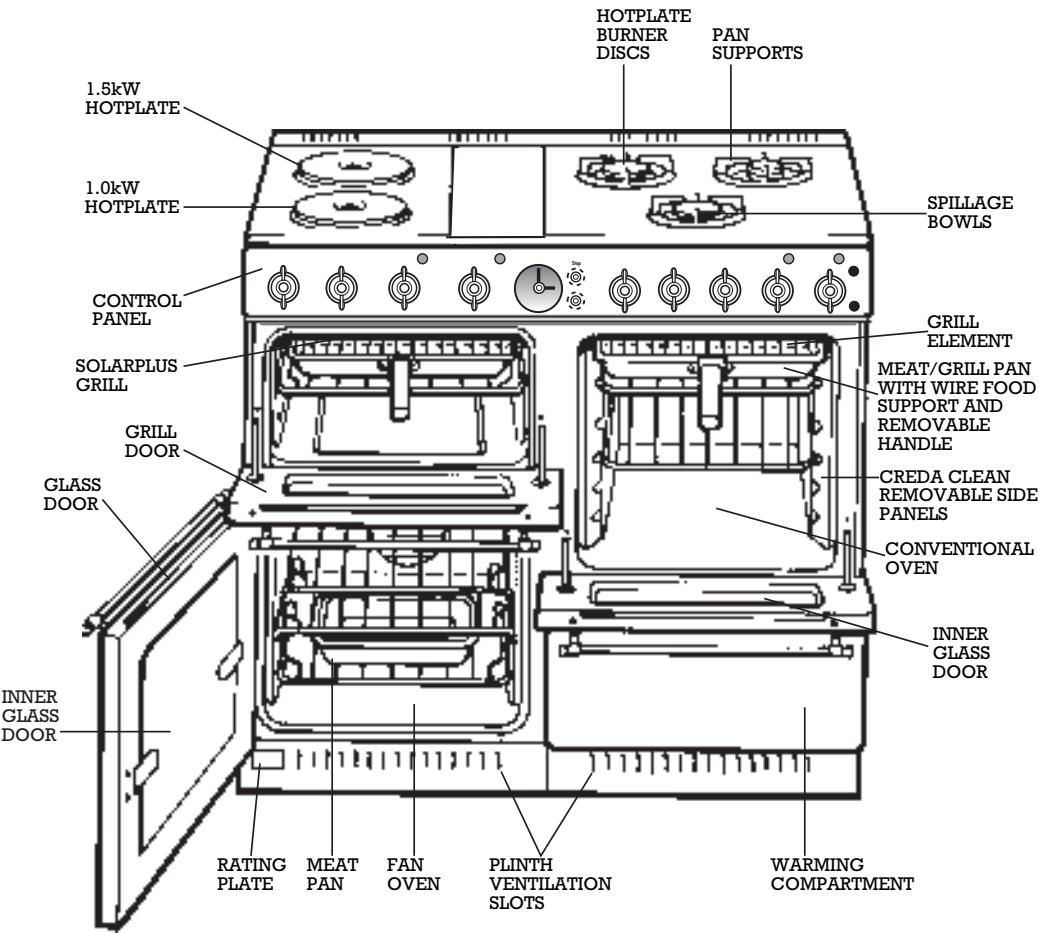




## Never

- Never leave children unsupervised where a cooking appliance is installed as all surfaces will be hot during and after its use.
- Never allow anyone to sit or stand on any part of the appliance.
- Never store items above the appliance that children may attempt to reach.
- Never leave anything on the hob surface when unattended and not in use.
- Never remove the oven shelves whilst the oven is hot.
- Never heat up unopened food containers as pressure can build up causing the container to burst.
- Never store chemicals/food stuffs, pressurised container in or on the appliance, or in cabinets immediately above or next to the appliance.
- Never place flammable or plastic items on or near the hob.
- Never fill a deep fat frying pan more than 1/3 full of oil, or use a lid. **DO NOT LEAVE UNATTENDED WHILE COOKING.**
- Never operate the grill with the grill door closed as this will cause the appliance to overheat.
- Never use the appliance as a room heater.
- Never use the grill to warm plates.
- Never dry any items on either the hob or oven doors.
- Never install the appliance next to curtains or other soft furnishings.
- Never allow children to play with the oven controls.

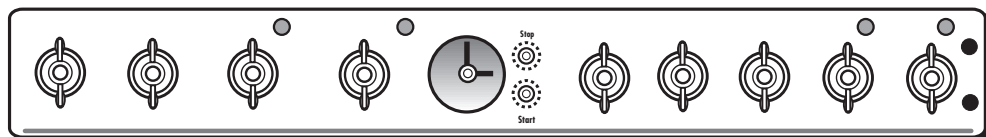
# Features



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# Control Panel

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## Control Knobs

The knobs for the electric hotplates can be rotated in either direction to provide variable heat control, the Main Oven control knobs can only be rotated clockwise from the **Off** position.

## Cooling Fan

A gentle flow of air will be blown below the control panel when either of the ovens or grill is in use. In some instances this flow of air will continue after the controls have been turned off. This is a safety feature that ensures that control panel surface temperatures and control knobs are kept cool.

## SLOW Cooking

The main fan oven has a slow setting specially designed to reduce energy usage. Full details of this can be found in the slow recipe book provided.

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# Oven Timer Operation

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The oven timer offers you the following features:

1. Time of Day
2. Minute Minder
3. Automatic Cooking

## Automatic Cooking

The Fan Oven and Conventional Oven can be controlled by the automatic timer. When the timer control has been set for one oven it is possible to use the other oven only on the same automatic cooking programme.

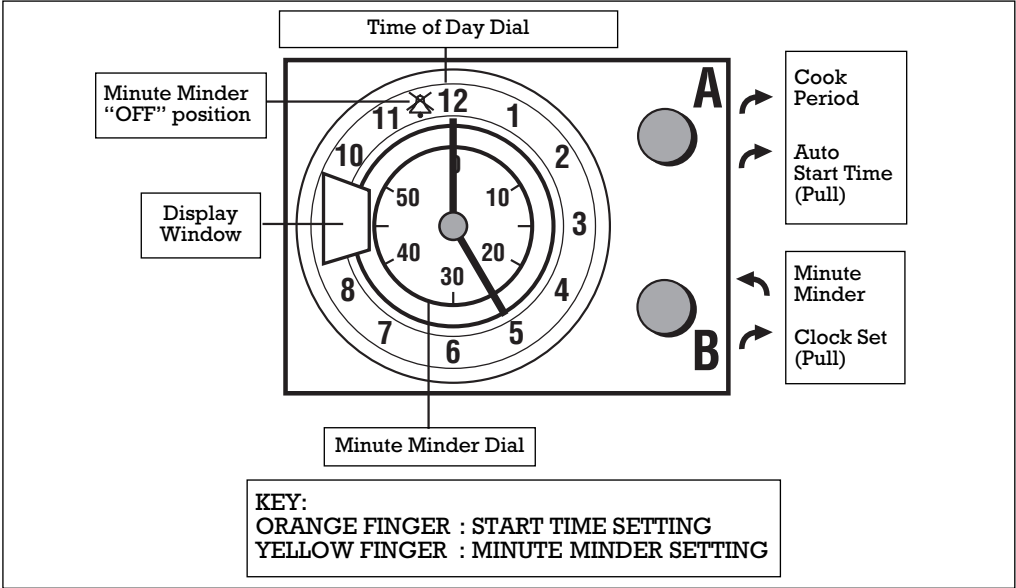
## Hints on Automatic Cooking

1. Select foods which will take the same time to cook and require approximately the same temperature.
2. Set the oven timer so that the food has just finished or about to finish cooking on your return to the oven. This will ensure the food has not cooled down and does not require reheating before serving.
3. Food should be as cold as possible when it goes into the oven ideally straight from the refrigerator. Frozen meat and poultry should be thawed thoroughly before it is put in the oven.
4. We advise that warm food should never be placed in the oven if there is to be a delay period. Stews prepared by frying the meat and vegetables should be cooked as soon as possible.
5. We advise dishes containing left-over cooked poultry or meat, for example Shepherds Pie, should not be cooked automatically if there is to be a delay period.
6. Stews and joints should be cooked by the long slow method, so that the delay period is kept to a minimum.
7. On warm days, to prevent harmful bacterial growth in certain foods (ie poultry, joints, etc) the delayed start should be kept to a minimum.
8. Wine or beer may ferment and cream may curdle during the delay period, so it is best to add these ingredients just before serving.
9. Foods which discolour should be protected by coating in fat or tossing in water to which lemon juice has been added, prior to placing food in the oven.
10. Dishes containing liquid should not be filled too full to prevent boiling over.
11. Foods should be well sealed (but not airtight) in a container to prevent the loss of liquid during cooking. Aluminium foil gives a good seal.
12. Ensure food is cooked thoroughly before serving.

## Timer Operation

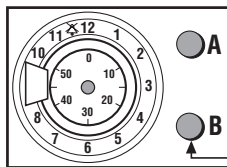
1. Make sure all oven controls are turned **Off**.
2. Check that the electricity supply to the cooker is turned **On**.
3. Check that the oven clock is at the right time of day.

# Know Your Timer



TIMER FUNCTIONS	
Time of Day	<b>Main Clockface</b> Ensure correct time of day is always set.
Minute Minder	<b>Yellow Finger / Small Dial</b> Here you can set a time period of up to 55 minutes, that will count down. When it reaches zero, the timer will emit an audible tone. <b>For Example:</b> If you set 20 minutes, the audible tone will occur 20 minutes later.
AUTO COOKING PROGRAMME	
Start Time	<b>Orange Finger</b> The time of day at which you want an "Auto Cooking" programme to start.
Cook Period (Up to 180 minutes)	The Cook period in minutes will be shown in the display window.  Cook Period is the actual length of time for which, the timer will switch the oven(s) on as part of an "Auto Cooking" programme. (e.g. If you set 180 minutes, the food will be cooked for 180 minutes).
<b>For Example:</b> If you set a "Start Time" of 11.00am, and a "Cook Period" for 180 minutes. The timer will switch the oven(s) on at 11.00am and turn the oven(s) off at 2.00pm. You will hear an audible tone at 2.00pm to indicate that the Auto Cooking programme has finished.	
<b>Notes:</b> When setting an Auto Cooking programme you will need to set the oven control(s) to the required temperature(s) when you set the timer, and if necessary select the appropriate oven function.	
If an Auto Cooking programme has been set the oven(s) will <b>only</b> operate during the pre-programmed time.	

# Clock & Automatic Oven Timer Operation

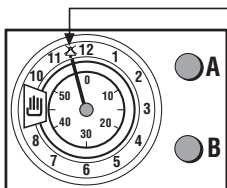




## TO SET & RE-SET THE TIME OF DAY


**Step 1** Make sure all oven controls are turned Off.

**Step 2** Check the electricity supply to the cooker is switched on.


**Step 3** Pull knob (B) and turn **clockwise** until the correct time of day is shown.



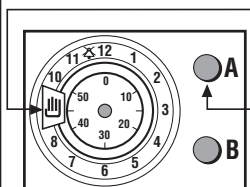
**Step 4** Ensure that the yellow minute minder finger remains at the  position. If it is not, return the yellow finger to the  position on the clock face by turning (without pulling) knob (B) **anti-clockwise**.

**Note:** For normal "Manual" operation of the oven(s) the timer should always be set at  the position in the display window (as shown). See Below.

## TO SET THE TIMER FOR MANUAL OVEN OPERATION

**Note:** Unless you set the timer for an Auto Cooking Programme, for normal "Manual" operation of the oven(s) the timer should always be set to the  position.

If the  symbol does not appear in the display window :-

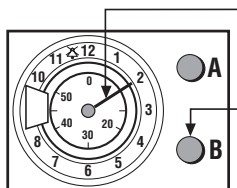


**Step 1** Turn the upper knob (A) **clockwise** (without pulling) until the  symbol does appear in the display window.

## USING THE MINUTE MINDER – (YELLOW FINGER)

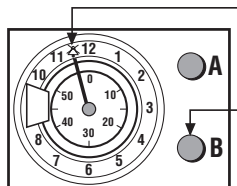
Here you can set a "Minute Minder" function of up to 55 minutes. At the end of the set time, a bell will ring for approximately 4 minutes.

**Note:** The figures on the inner dial are for setting the Minute Minder.




**Step 1** To set "Minute Minder" finger to the required time, turn (without pulling) lower knob (B) **anti-clockwise**, until the yellow finger is at the time required.

Example: 10 minutes (as shown).



**At the end of the Minute Minder period a bell will sound.**

**Step 2** To cancel the bell turn (without pulling), lower knob (B) **anti-clockwise** until yellow minute minder finger is returned to the  position on the clockface (as shown).

# Clock & Automatic Oven Timer Operation

## AUTO COOKING PROGRAMMES

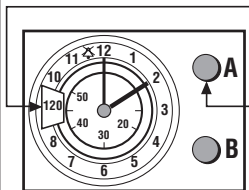
There are two Auto Cooking programmes that can be selected using your timer:-

- (a) To set the Timer to switch the oven(s) ON immediately and OFF at a preset time - Up to 180 minutes.
- (b) To set the Timer to switch the oven(s) ON and OFF Automatically.

### a) TO SET THE TIMER TO SWITCH THE OVEN(S) ON IMMEDIATELY AND OFF AT A PRE-SET TIME - UP TO 180 MINUTES.

**Step 1** Check that the correct time of day is set, if not follow instructions for setting the time of day.

**Step 2** Place food onto the correct shelf position in the oven and close the oven doors.



**Step 3** Turn the upper knob (A) **clockwise** (without pulling), until the required cook period in minutes is indicated in the display window.

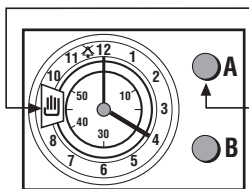
e.g. 120 minutes (as shown).

**Note:** Cook period is the length of time that you wish the food to cook (Upto 180 minutes).

**Step 4** Turn the oven control(s) to the required temperature, and if necessary select the appropriate oven function.

**At the end of the Cook Period, the oven(s) will switch off and a Bell will ring for approximately 4 minutes.**

**Step 5** Return the oven control to the OFF position.

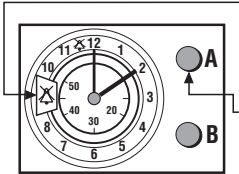


**Step 6** To cancel the Bell and return the timer to "Manual Operation", turn (without pulling), upper knob (A) clockwise, until the  symbol is shown in the display window.

# Clock & Automatic Oven Timer Operation

## b) TO SET THE TIMER TO SWITCH THE OVEN(S) ON AND OFF AUTOMATICALLY

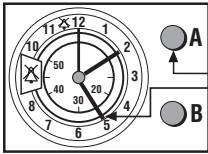
**Step 1** Check that the correct time of day is set, if not follow instructions for setting the time of day.



**Step 2** Place food onto the correct shelf position in the oven and close the oven door(s).

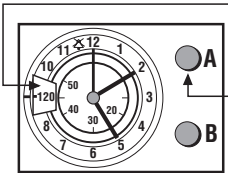
**Step 3** Turn the upper knob (A) (without pulling), **clockwise**, until the  symbol appears in the display window.

This allows the auto function to be set.



**Step 4** Set the orange finger to the "Start" time by **pulling** the upper knob (A) and turning it **clockwise**.  
e.g. 5 o'clock (as shown).

**Note: The "Start Time" is the time of day you want the Auto Cooking programme to start.**



**Step 4** Set the "Cook Period" by turning (without pulling) the upper knob (A) **clockwise**, until the required cook period in minutes is indicated in the display window.

e.g. 120 minutes (as shown).

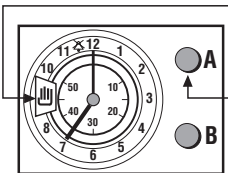
**Note: The "Cook Period" is the length of time that you wish the food to cook, and it can be set for upto 180 minutes.**

**Step 5** Turn the oven control(s) to the required temperature, and if necessary select the appropriate oven function.

**Note: If an "Auto Cooking Programme" has been set the oven(s) will ONLY operate during the pre-programmed times.**

**At the end of the Auto Cook Period the oven(s) will switch off and a bell will ring for approximately 4 minutes.**

**Step 6** Return the oven controls to the OFF position.

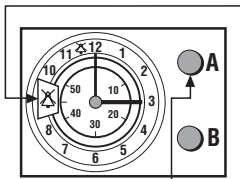


**Step 7** To cancel the Bell and return the timer to "Manual Operation", turn (without pulling), upper knob (A) **clockwise**, until the  symbol is shown in the display window.



# Clock & Automatic Oven Timer Operation

## TO CANCEL AN AUTO COOKING PROGRAMME BEFORE COOK PERIOD HAS STARTED



**Step 1** Turn the oven control(s) to their OFF position.

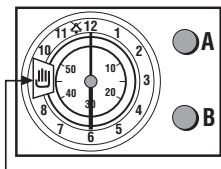
**Step 2** Turn (without pulling) the upper knob (A) clockwise until the  symbol appears in the display window.

**Step 3** Pull and turn the upper knob (A) clockwise until the orange finger reads the same time as the hour hand on the clock.



**Step 4** Turn the upper knob (A) clockwise (without pulling) until the  symbol appears in the display window.

## TO CANCEL AN AUTO COOKING PROGRAMME ONCE THE AUTO COOK PROGRAMME HAS STARTED BUT BEFORE IT HAS FINISHED.



**Step 1** Turn the oven control(s) to their OFF position.

**Step 2** Turn the upper knob (A) clockwise (without pulling) until the  symbol appears in the display window.

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# Hotplates & Burners

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## Electric Hotplates

The controls set the hotplates at six preset power levels, indicated by the numbered markings on the control panel, intermediate settings cannot be obtained.

For normal cooking, after having placed the pan on the required hob position, set the control knob to maximum (6); wait until boiling point is reached, then set the knob to a lower position as required.

## Gas Burners

The cooker has two high speed burners and a simmering burner which will accommodate pans between 100mm (4") and 230mm (9") diameter. All pans should be positioned centrally over the burners.

**BEFORE USE** check that the burner caps and pan supports are located correctly.

Simmering aids such as steel plates should not be used because they can cause damage to the pan supports.

**DO NOT** use mis-shaped pans which may be unstable.  
**DO NOT** use round base woks directly on the pan supports.  
**DO NOT** use the cooker if the hob glass is broken.

1. Check that the electricity supply is switched on. Check that spillage bowls and pan supports are positioned correctly before use.
2. Push in and turn the control knob of the chosen burner anti-clockwise between the large and small flame symbols. Press the ignition button until the spark lights the gas.
3. Turn the control knob anti-clockwise to the desired setting.
4. To turn off, turn the control knob fully clockwise to the zero.

## Safety requirements for deep fat frying

1. Use a deep pan, large enough to completely cover the appropriate heating area.
2. Never fill the pan more than one-third full of oil.
3. Never leave oil or fat unattended during the heating or cooking period.
4. Never try to fry too much food at a time, especially frozen food. This only lowers the temperature of the oil or fat too much, resulting in greasy food.
5. Always dry food thoroughly before frying, and lower it slowly into the hot oil or fat. Frozen foods, in particular, will cause frothing and spitting, if added too quickly.
6. Never heat fat, or fry, with a lid on the pan.
7. Keep the outside of the pan clean and free from streaks or oil or fat.

# Hotplates General Information Notes

PANS SHOULD BE:



Not concave (bowed in)



Not convex (bowed out)



Not rimmed



Not deeply ridged



But essentially Flat

Always ✓	Never ✗
<ul style="list-style-type: none"><li>● Use good quality flat-based cookware on all electric heat sources.</li><li>● Always ensure pans have clean, dry bases before use.</li><li>● Ensure pans match size of heating area.</li><li>● Remember good quality pans retain heat well, so generally only a low or medium heat is necessary.</li><li>● Ensure pan handles are positioned safely and away from heat sources.</li><li>● Always lift pans, do not drag.</li><li>● Always use pan lids except when frying.</li><li>● Deal with spillage's immediately but with care.</li></ul>	<ul style="list-style-type: none"><li>● Use gauze, metal pan diffusers, asbestos mats and stands e.g. Wok stands – they can cause overheating.</li><li>● Use utensils with skirts or rims e.g. buckets and some kettles.</li><li>● Use badly dented or distorted pans.</li><li>● Leave an element switched on when not cooking.</li><li>● Cook food directly on a heat source.</li><li>● Drag or slide utensils.</li><li>● Place large preserving pans or fish kettles across two hotplates.</li></ul>

# Temperature Comparison Scale

Gas Mark	Conventional Oven		Fan Oven
	°F	°C	
1/2	250	120	100
1	275	140	120
2	300	150	130
3	325	160	140
4	350	180	160
5	375	190	170
6	400	200	180
7	425	220	200
8	450	230	210
9	475	240	220

# Solar Plus Grill

**CAUTION: ACCESSIBLE PARTS MAY BECOME HOT WHEN GRILL IS IN USE. CHILDREN SHOULD BE KEPT AWAY.**

## IMPORTANT

**GRILLING SHOULD ONLY BE UNDERTAKEN WITH THE DOORS FULLY OPEN.**

Your cooker is fitted with a conventional type of grill and a **Solar Plus high speed** grill which is designed to reduce your grilling times. It is quicker because it takes less time to warm up from cold. Conventional grills require 5 minutes preheat before food is placed beneath them, but for normal grilling the **Solar Plus** grill can be used directly from cold without any pre-heat. However, when toasting, optimum performance is achieved by preheating the grill for about 1 minute.

You will notice that the grill elements are protected by a wire mesh. This stops you from touching live parts, so under no circumstances should pointed objects be inserted into the mesh. During use the mesh may become soiled. Do not attempt to clean it while the grill is still on. Turn the cooker off at the control unit and wait until it has cooled down before cleaning.

There are two halves to the Solarplus grill, one on the left and one on the right. You can choose to have both sides on or just the left side on. Turning the control knob clockwise, will switch both sides on. Turning it anticlockwise, will only switch the left side on.

## Guide to grilling successfully

### SOLAR PLUS GRILL

Food	Pre-heat	Shelf Position from base of grill	Setting	Approx. Cooking Time
Toasting of Bread Products	1 min.	2 or 1	Maximum	3-5 mins. Grill pan with anti-splash tray and grid.
Small cuts of meat - Sausages, Bacon	None	2 or 1	Maximum for 4 mins. reduce to 3	10-15 mins. Grill pan with anti-splash tray and grid.
Chops, etc. Gammon Steaks,	None	1	Maximum for 6-8 mins. reduce to 3/2 1/2	25-30 mins. Grill pan with anti-splash tray and grid.
Fish. Whole, Fillets	None	1 2	Maximum	6-8 mins. in base of grill pan.
Pre-cooked Potato Products	None	2 or 1	3	10-12 mins. in base of grill pan
Pizzas	None	2 or 1	3	10-15 mins. Grill pan with anti-splash tray and grid.
Browning of Food e.g. cauliflower cheese	1 min.	2 or 1	Maximum	5-7 mins. Dish placed directly on shelf.

# Conventional Grill

A sheathed element is fitted in the top of the conventional oven. With the oven door in the open position, heating of the grill is achieved by turning the control clockwise to the desired 'grill setting' on the control panel.

The grill pilot light will illuminate to show the grill is switched on.

- Grilling procedure:
- 1. Fully open the door.
  - 2. Position rod shelf as recommended in chart for food being cooked.
  - 3. Preheat the grill for 5 minutes.
  - 4. Place the grill pan on the rod shelf, ensuring it is positioned centrally under the grill element.

**Operating controls when the grill is in use**

In common with all cookers having controls sited above the grill compartment, care must be taken when setting the controls, due to the hot air expelled from the grill compartments.

## CONVENTIONAL GRILL

Always preheat the grill on No. 5 for approximately 5 minutes.

Food	Pre-heat On No. 5	Shelf Position from base of Oven	Setting after Pre-heating	Approx. Cooking Time
Toasting of Bread Products	5 mins.	5	5	3-10 mins. depending on type of food
Small cuts of meat – Sausages, Bacon	5 mins.	4 or 5	4	15-20 mins.
Chops, etc. Gammon Steaks,	5 mins.	4	5 to seal 4 to cook	20-30 mins. depending on thickness
Fish. Whole, Fillets, Fingers	5 mins.	4 or 5	4	10-20 mins. (in base of pan)
Pre-cooked Potato Products	5 mins.	4	4 or 5	15-20 mins.
Pizzas	5 mins.	4 or 5	4	10-12 mins. depending on size
Browning of Food e.g. cauliflower	5 mins.	4	5	5-7 mins.

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# Grill

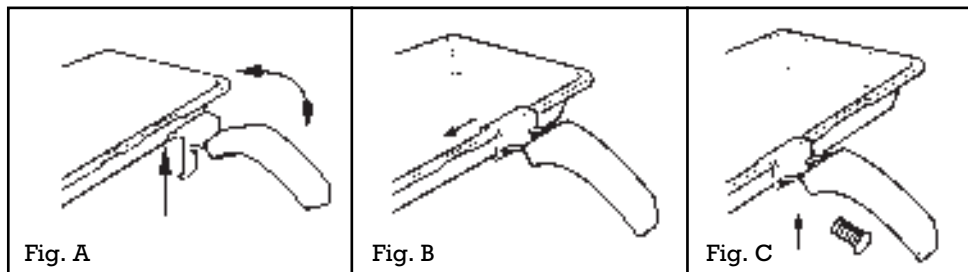
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## Grill Pan Handle

The grill pan handle is detachable from the pan, to facilitate cleaning and storage. The handle can be either detachable from or fixed to the pan. For a fixed handle remove the screw and washers from the grill pan bracket, tilt the handle over the recess adjacent to the bracket (A), slide it towards the centre of the pan (B) and let the handle locate over the bracket (C). Replace screw and washers and ensure that they are fully tightened up. For a detachable handle remove screw and washers from the grill pan and discard.

Please note that if a fixed handle is required, the grill pan cannot be kept in the Fan Oven with the door closed but may be stored in the grill compartment.

NOTE: The grill pan in the right hand oven, cannot be fixed.



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# Warming Compartment

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Place the plates and dishes either on the shelf or on the floor of the warming compartment approximately 30 minutes before required. To switch on depress the switch on the control panel.

- Always use dry, good quality oven gloves when removing items from the compartment.

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# Fan Oven Cookery Notes

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To heat the oven, turn the control knob clockwise, selecting the required temperature as recommended in the temperature chart. The pilot light will immediately come on and remain on until the oven reaches the required temperature. This light will then automatically go off and on during cooking as the oven thermostat maintains the correct temperature.

**Note:** If the pilot light does not come on when the control is turned, check that the timer is in **Manual** operation.

It should be noted that at the end of a cooking period there may be a momentary puff of steam when the oven door is opened. This will disperse in a few seconds and is a perfectly normal characteristic of an oven with a good door seal.

Since a Circulaire fan oven heats up more quickly, and generally cooks food at a lower temperature than a conventional oven, pre-heating the oven is often unnecessary. However, foods such as bread, scones, Yorkshire pudding, should be placed in a pre-heated oven.

The charts are a guide only, giving approximate cooking temperatures and times. To suit personal taste and requirements, it may be necessary to increase or decrease temperatures by 10°C.

Unless otherwise indicated in the charts, food is placed in a cold oven, i.e. without pre-heating. If food is placed in an already hot oven, the suggested cooking time should be reduced, depending on the type and quantity of food being cooked.

## Oven Positions

Since the distribution of heat in the Circulaire oven is very even, most foods will cook satisfactorily on any shelf position, but the shelves should be evenly spaced.

To ensure even circulation do not use meat pans larger than 390 x 300mm (15" x 12") and baking trays no larger than 330 x 255mm (13" x 10"), these should be positioned centrally on the oven shelf.

Food or utensils should not be placed directly on the floor of the oven for cooking.

Never use more than 3 shelves in the oven as air circulation will be seriously restricted.

To avoid unnecessary cleaning, rod shelves which are not in use should be removed from the oven.

## Temperature and Time

When 3 shelves are used to cook large quantities of food for home freezing or parties, it may be necessary to increase the cooking times given in the charts by a few minutes, to allow for the loss of heat due to the extra time taken to load the oven, and the larger mass of food. Baking trays should have an equal gap on all sides to allow even air circulation.

**N.B.** Recipes in cookery books give times and temperatures for cooking in ordinary ovens. The Creda fan oven make it possible, in most cases, to:-

- (a) reduce the recommended temperature by 25°C (45°F).
- (b) reduce the recommended time by approximately 10 minutes per hour.
- (c) Make pre-heating the oven unnecessary for certain foods.

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# Fan Oven Cookery Notes

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## To prepare meat and poultry for roasting in your fan oven

- (a) Wipe the meat or poultry, dry well and weigh it. Meat which has been stored in a refrigerator should be allowed to come to room temperature before cooking, and frozen meat or poultry must be completely defrosted before placing in the oven.
- (b) The weight of any stuffing used should be added before calculating cooking time.
- (c) Place meat/poultry in the grill/meat pan supplied. Small joints weighing less than 1.75kg (3½ lbs) should be roasted in a smaller meat pan/tin – or they may be ‘pot roasted’ – a small joint in a large meat pan causes unnecessary oven splashing and evaporation of meat juices.
- (d) Additional fat should not be added, except for veal, very lean meat or poultry which can either be ‘larded’ with fat bacon or brushed **very sparingly** with cooking oil or melted fat.
- (e) Beef, lamb, mutton and poultry may be dusted lightly with seasoned flour to give a crisp outer surface. The skin of duck and goose should be pricked to release excess fat during cooking, and the rind of pork should be scored, brushed lightly with oil, and rubbed with salt, to give crisp crackling.
- (f) Meat and poultry wrapped in, or covered with a tent of aluminium foil will be juicy and tender. Roasting bags offer the same advantages. Always follow the manufacturers pack instructions, and remember to reduce the temperatures given for conventional ovens by approximately 25°C and the time by approximately 10 minutes per hour.
- (g) Potatoes for roasting only require to be brushed with cooking oil or melted fat.
- (h) It is not necessary to baste when roasting in an electric oven and stock or liquid should not be added to the meat pan since this only causes unnecessary soiling, steam and condensation.

## Frozen Meat and Poultry

Joints of meat and whole birds should be defrosted slowly, preferably in a domestic refrigerator (allowing 5-6 hours per 450g (1 lb), or at room temperature (allowing 2-3 hours per 450g (1 lb)).



# Oven Temperature Charts – Meat

Fan Oven Cooking				Conventional Oven			
Meat	Pre-heat	Temperature °C	Time (approx.)	Meat	Pre-heat	Temperature and Time	Position in Oven from Bottom
Beef	No	160/180	20-25 mins per 450g (1 lb) + 20 mins extra	Beef	Yes	190/200°C approx. 25-30 mins. per 450 (1 lb) + 25 mins extra	
Lamb	No	160/180	25 mins per 450g (1 lb) + 25 mins extra	Lamb	Yes	190/200°C approx. 25-30 mins. per 450 (1 lb) + 25 mins extra	
Pork	No	160/180	25 mins per 450g (1 lb) + 25 mins extra	Pork	Yes	190/200°C approx. 30-35 mins. per 450 (1 lb) + 30 mins extra	In meat pan on runner 2
Veal	No	160/170	25-30 mins per 450g (1 lb) + 25 mins extra	Veal	Yes	190/200°C approx. 25-35 mins. per 450 (1 lb) + 30 mins extra	
Chicken/Turkey up to 4 kg (8 lb)	No	160/180	18-20 mins per 450g (1 lb) + 20 mins extra	Poultry/Game	Yes	190/180°C approx. 18-20 mins. per 450 (1 lb) + 20 mins extra	
Turkey up to 5.5kg (12 lb)	No	150/160	13-15 mins per 450g (1 lb) e.g. 5kg (1 lb) = 143-165 mins.	Turkey	Yes	up to 5.5kg (12 lb) allow 22 mins per 450g (1 lb) at 190°C e.g. 5kg (1 lb) = 242 mins over 5.5kg (12 lb) allow 18 mins per 450g (1 lb) at 180°C e.g. 10 kg (22 lb) = 352 mins	In a suitable tin on runner 1
over 5.5kg (12 lb)		150	12 mins per 450g (1 lb) e.g. 10kg (22 lb) = 264 mins.				
Casserole Stews	No	140-150	1½ - 2 hrs	Casserole/Stews	Yes	140/160°C approx.	Runner 3
If using aluminium foil, never: 1. Allow foil to touch sides of oven. 2. Cover oven interior with foil. 3. Cover shelves with foil.							

The most accurate method of testing the readiness of joints of meat or whole poultry is to insert a meat thermometer into the thickest part of a joint, or the thickest part of poultry thighs, during the cooking period. The meat thermometer will indicate when the required internal temp has been reached.

<b>Beef -</b>	<b>Rare:</b>	60°C	<b>Lamb:</b>	80°C	<b>Poultry:</b>	90°C
	<b>Medium:</b>	70°C	<b>Pork:</b>	90°C		
	<b>Well Done:</b>	75°C	<b>Veal:</b>	75°C		

# Oven Temperature Charts – Baking

Baking		Fan Oven Cooking		Conventional Oven Cooking		
Food	Pre-heat	Temperature and Time		Pre-heat	Temperature and Time	Position in Oven from bottom
Scones	Yes	210/220°C approx. 8-10 mins.		Yes	220/230°C approx. 10-15 mins.	Runners 1 & 4
Small Cakes	No	160/170°C approx. 15-20 mins.		Yes	190/200°C approx. 20-25 mins.	Runners 1 & 4
Victoria Sandwich	No	160/170°C approx. 20-25 mins.		Yes	180/190°C 6½"-7" tins approx. 20 mins. 8"-8½" tins approx. 30 mins.	Runners 1 & 4
Sponge Sandwich (Fatless)	Yes	160/170°C approx. 15-20 mins.		Yes	190/200°C 7" tins 15-20 mins.	Runners 1 & 4
Swiss Roll	Yes	170/180°C approx. 12-15 mins.		Yes	200/210°C approx. 10-15 mins.	Runner 4
Semi-rich Cakes	No	140/150°C approx. 1¼-1½ hrs.		Yes	160/170°C 6½"-7" tins 1¼"-1½" hours 8"-9" tins 2"-2½" hours	Runner 3
Shortcrust Pastry	No	180/190°C approx. 45-50 mins.		Yes	200/210°C depending on use	Runners 2 & 5
Puff Pastry	No	190/200°C dependent on use		Yes	220°C approx. depending on use	Runner 2 & 5
Yorkshire Pudding	Yes	170/180°C approx. 40-45 mins.		Yes	210/220°C 45-50 mins.	Runner 5
Individual Yorkshire Puddings	Yes	180/190°C approx. 20-25 mins.		Yes	210/220°C approx. 20-25 mins.	Runner 5
Milk Pudding	No	130/140°C approx. 1¼-2¼ hrs.		Yes	150/160°C approx. 2"-2½" hours	Runner 2
Baked Custard	No	140/150°C approx. 40-50 mins.		Yes	150/160°C approx. 45-55 mins.	Runner 2
Bread	Yes	200/210°C approx. 45-50 mins.		Yes	230°C 50-60 mins reducing to 210/220°C 230°C 45-50 mins after first 10 minutes	Runners 1 & 4
Meringues	No	70/80°C approx. 3-4 hrs.		Yes	100/110°C Large 3½"-4½" hours Small 2¼"-3" hours	Runner 1

**Note:** If soft margarine is used for cake making, temperatures recommended by the manufacturers should be followed. Temperatures recommended in this chart refer to cakes made with block margarines or butter only.

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# The 'Slow' Setting – Fan Oven Only

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This is used for slow cooking, keeping food warm and warming plates for short periods. Extra care must be taken when warming bone china. Do not place food or plates on the floor of the oven.

## **Some advantages of slow cooking are:**

The oven stays cleaner because there is less splashing.

Timing of food is not as critical, so there is less fear of overcooking.

Inexpensive cuts of meat are tenderised.

Fully loading the oven can be very economical.

Cooking times can be extended in some cases by up to 2hrs. for late-comers.

The kitchen stays cooler.

Bearing in mind these advantages, it makes sense to cook larger quantities of food than required and store them in a freezer to be used cold or for re-heating. It is important to follow the guidelines given for preparing food using the 'Slow' setting.

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# Using The 'Slow' Setting

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Read notes 1–14 below before using the Slow Setting and then turn the fan oven control knob to the slow position.

## **Points to bear in mind when preparing food:-**

1. Make sure all dishes will fit into the oven before preparing the food.
2. All dishes cooked by the 'Slow' setting should be cooked for a minimum of 6 hours. They will 'hold' at this setting for a further hour but marked deterioration in appearance will be noticed in some cases.
3. Joints of meat and poultry should be cooked at fan oven 170°C for 30 mins before turning to the Slow setting.
4. Meat over 2.7 Kg. (6 lbs) and poultry over 2 Kg. (4 lbs 8oz) are unsuitable for the Slow setting.
5. Always stand covered joints on a rack over the meat tin, to allow good air circulation.
6. Pork joints can only be cooked, if by testing with a meat thermometer and internal temperature of at least 88°C is reached.
7. This method is unsuitable for stuffed meat and poultry.
8. Always bring soups, casseroles and liquids to the boil before putting in the oven.
9. When casseroles are used, cover the food first with foil and then the lid to prevent loss of moisture.
10. Always thaw frozen food completely before cooking.
11. Root vegetables will cook better if cut into small even sized pieces.
12. Always adjust the seasoning and thickenings at the end of the cooking time.
13. Egg and fish dishes need only 1-5 hours cooking and should be observed from time to time.
14. Dried red kidney beans must be boiled for a minimum of ten minutes after soaking, before inclusion in any dish.

## **Storage and Re-heating of Food**

1. If food is to be frozen or not served immediately, cool it in a clean container as quickly as possible.
2. Thaw frozen food completely in the refrigerator before re-heating.
3. Re-heat food thoroughly and quickly either on the hotplate or in the fan oven, 170°C and then serve immediately.
4. Only re-heat food once.

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# **'Slow' Setting Menus**

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## **Menu 1**

**Leek and Potato Soup**  
**Stuffed Peppers**  
**Braised Red Cabbage**  
**Summer Pudding**

## **Method**

Cook on a 'Slow' setting for 6 hrs.

### **Leek and Potato Soup**

450g (1 lb) Leeks, trimmed, washed and cut into rings  
450g (1 lb) Potatoes, peeled, washed and thinly sliced  
2 tablespoons vegetable oil  
500ml (1 pint) hot vegetable stock  
Salt and Pepper  
250ml (1/2 pint) single cream  
250ml (1/2 pint) milk

1. Prepare leeks and potatoes.
2. Fry leeks in oil until soft. Add potato slices and cook for 3 minutes.
3. Add stock and seasoning, bring to boil.
4. Transfer to large casserole dish, cover with foil and fit lid tightly. Place in oven.
5. At end of cooking, puree until thick and smooth.
6. Stir in cream and milk and re-heat gently, do not boil.

### **Stuffed Peppers**

4 Peppers, washed  
1 tablespoon vegetable oil  
1 small onion, peeled and diced  
4 mushrooms, wiped and sliced  
1 courgette, sliced  
2 tomatoes, peeled and chopped  
50g (2 oz) long grain rice, cooked  
Salt and Pepper

1. Cut tops of peppers, deseed and carefully remove stalks from tops.
2. Blanch in boiling water for 2 minutes, drain.
3. Heat oil in pan, cook onion until soft.
4. Add mushrooms, courgette and tomatoes, cook for 3-4 minutes.
5. Add rice and seasoning, cook for 2 minutes.
6. Place blanched peppers in casserole dish, divide vegetable mixture equally into the peppers. Put lids on peppers.
7. Cover dish tightly with foil and the lid.
8. Place in oven.

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# 'Slow' Setting Menus

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## Menu 1 continued

225g (8 oz) onion, peeled and chopped  
2 tablespoons vegetable oil  
450g (1 lb) red cabbage, finely shred  
225g (8 oz) cooking apple, peeled,  
cored and diced  
225g (8 oz) pear, peeled, cored and  
diced  
3 tablespoons brown sugar  
1/2 teaspoon nutmeg  
Salt and Pepper  
3 tablespoons cider vinegar  
Juice of 1 orange

## Braised Red Cabbage

1. Place onion and oil in pan and cook for 3 minutes.
2. Add cabbage, apple and pear and cook for 3-4 minutes. Place in casserole dish.
3. Add remaining ingredients to pan and heat to boiling. Pour over vegetables.
4. Cover dish tightly with foil and lid.
5. Place in oven.

## Summer Pudding

8-10 slices of bread, crusts removed  
50g (2 oz) butter melted  
50g (2 oz) demerara sugar  
375g (12 oz) prepared fruit, eg.  
strawberries, raspberries etc.  
50g (2 oz) caster sugar  
2 tablespoons water

1. Grease a basin or souffle dish with butter and sprinkle with sugar.
2. Line with buttered and sugared bread, placing the buttered side towards the out side of the basin.
3. Pack firmly with fruit and add sugar and water.
4. Cover with buttered, sugared bread.
5. Cover dish with foil.
6. Place in oven.

## Menu 2

**Spring Vegetable Soup**  
**Braised Topside au Poivre**  
**Rhubarb and Raspberry Crunch Layer**

### Spring Vegetable Soup

3 medium sized carrots, peeled and  
sliced  
2 medium sized onions, peeled and  
diced  
2 sticks celery, cut into 1" pieces  
15g (1/2 oz) butter  
58g (2 1/4 oz) can tomato puree  
2 vegetable stock cubes  
Salt and Pepper  
50g (2 oz) sliced green beans  
100g (4 oz) shredded white cabbage  
1 teaspoon cornflour, blended with a  
little cold water

## Method

Cook on 'Slow' setting for 7 hrs.

1. Melt butter in pan, add carrots, onions and celery and fry gently for 3-4 minutes.
2. Stir in tomato puree, crumbled stock cubes, 1 litre (1 3/4 pints) water and seasoning.
3. Bring to the boil, transfer to large casserole dish.
4. Add remaining ingredients to dish, cover tightly with foil and lid.
5. Place in oven.

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# 'Slow' Setting Menus

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## Braised Topside au Poivre

450g (1 lb) Topside of beef, cut into 4 slices  
1 tablespoon black peppercorns, crushed  
Salt  
25g (1 oz) butter  
2 tablespoons vegetable oil  
4 small courgettes, thickly sliced  
4 tomatoes, sliced  
125ml (1/4 pint) red wine

1. Sprinkle beef with peppercorns and salt.
2. Heat butter and oil in frying pan, cook half the courgettes and tomatoes, place in bottom of casserole dish.
3. Fry meat on both sides and place on top of vegetables, then cook remaining vegetables and place on top of meat in casserole dish.
4. Add red wine to pan and bring to the boil. Pour into casserole dish.
5. Cover dish with foil and fit lid tightly.
6. Place in oven.

## Rhubarb and Raspberry Crunch Layer

100g (4 oz) butter, melted  
100g (4 oz) rolled oats  
100g (4 oz) digestive or ginger biscuits coarsely crushed  
50g (2 oz) mixed chopped nuts  
175g (6 oz) demerara sugar, divided in half  
Good pinch of cinnamon  
450g (1 lb) rhubarb, cut into 2.5cm (1") lengths  
225g (8 oz) frozen raspberries

1. Mix together butter, oats, crushed biscuits, nuts, half sugar and cinnamon.
2. In another bowl mix remaining sugar and fruits together.
3. Place half fruit in bottom of a 1.1 litre (2 pint) greased ovenproof dish. Sprinkle with half biscuit mixture.
4. Repeat layers.
5. Place in oven.

## Menu 3

**Chilli Con Carne**  
**Rice**  
**Fruit Crumble**

675g (1 1/2lb) minced beef  
15ml (1 tbsp) vegetable oil  
1 large onion, skinned and chopped  
1/2 green pepper, seeded and chopped  
2 x 425g (15 oz) can tomatoes, chopped  
Salt and Pepper  
1 tablespoon chilli powder  
1 teaspoon brown sugar  
2 tablespoons tomato puree  
425g (15 oz) can red kidney beans, blended together

## Method

Cook on 'Slow' setting for 7 hrs.

## Chilli Con Carne

1. Fry minced beef in oil until lightly browned, add onion and pepper and fry for 5 mins, until soft.
2. Blend together chilli powder, brown sugar and tomato puree.
3. Stir in tomatoes, chilli paste and seasoning. Bring to boil.
4. Place in casserole dish.
5. Cover tightly with foil and lid.
6. Place in oven.

# 'Slow' Setting Menus

## Menu 3 continued

10 oz (275 g) long grain rice  
3 tablespoons (45 ml) oil  
1 1/4pt (625 ml) water

## Long Grain Rice

1. Wash the rice.
2. Fry the rice in oil until lightly browned.
3. boil the water , add salt and place with rice in casserole dish.
4. cover dish tightly with foil and lid.
5. place in oven.

## Fruit Crumble

675g (1 1/2 lb) Fruit, prepared  
75g (3 oz) Caster sugar  
175g (6 oz) Plain flour  
75g (3 oz) Butter  
75g (3 oz) demerara sugar

1. Place prepared fruit and sugar in dish.
2. Rub butter into flour until it resembles fine breadcrumbs.
3. Stir in demerara sugar and mix well.
4. Sprinkle over fruit.
5. Place in oven.

## Menu 4

**Salmon Pate**  
**Roast Lamb**  
**Jacket Potatoes**  
**Pear Pudding**

## Method

Cook on 'Slow' setting for 7 hrs.

## Salmon Pate

450g (1 lb) cooked, or canned salmon,  
pink or red  
4 x 2.5 cm (1") thick slices of white  
bread from large loaf  
250ml (1/2 pint) milk  
25g (1 oz) butter, softened  
1 egg yolk  
2 tablespoons chopped parsley  
Juice of 1/2 lemon  
Salt and Pepper

1. If using canned salmon, drain. Flake salmon into bowl.
2. Break bread into small pieces and soak in milk for 5-10 mins, or until soft. Stir into fish
3. Add softened butter, egg yolk, parsley, lemon juice and seasoning. Beat together till thoroughly mixed.
4. Turn mixture into 500ml (1 pint) greased ovenware dish and cover with foil.
5. Place dish in larger dish containing 2.5 cm (1") of hot water.
6. Cover completely with foil. Place in oven, carefully.

## Roast Lamb

1.25 kg (2 1/2 lb) Leg of Lamb  
1 teaspoon rosemary  
1 tablespoon parsley, chopped  
Salt and pepper  
Bay leaf

} Mixed  
together

1. Wipe meat. Place in piece of foil.
2. Season well with mixture and wrap tightly in foil.
3. Place on rack in dish.
4. Cook in oven at 170°C for 30 minutes before setting to 'Slow'.



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# 'Slow' Setting Menus

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## Jacket Potatoes

4 Large potatoes

1. Scrub the potatoes, prick well.
2. Wrap each potato in a piece of cooking foil.

## Pear Pudding

50g (2 oz) butter } Melted  
50g (2 oz) dark brown sugar } together  
100g (4 oz) margarine  
100g (4 oz) caster sugar  
2 size 4 eggs  
100g (4 oz) self raising flour, sieved  
1/4 teaspoon almond essence  
3 pears, peeled, cored and cut into 4

1. Coat base of souffle dish with melted butter and sugar.
2. Cream together margarine and sugar until light and fluffy.
3. Beat in each egg, fold in flour, and stir in almond essence.
4. Place prepared pear slices in base of dish then cover with cake mixture.
5. Cover dish tightly with foil.
6. Place in oven.

## Menu 5

**Rich Onion Soup**  
**Honey Roast Ham**  
**Ratatouille**  
**Bread Pudding**

## Method

Cook on 'Slow,' setting for 7 hrs

### Rich Onion Soup

450g (1 lb) onions, peeled and thinly sliced  
25g (1 oz) butter  
1 tablespoon vegetable oil  
1 teaspoon salt  
1 1/2 teaspoon brown sugar  
40g (1 1/2 oz) plain flour  
750ml (1 1/2 pint) brown stock  
125ml (1/4 pint) stout or brown ale

1. Gently cook onions in butter and oil in large saucepan for 5 minutes.
2. Add salt and sugar and cook for 2 minutes.
3. Remove from heat and stir in flour, stock and beer.
4. Bring to boil. Place in casserole dish.
5. Cover tightly with foil and lid.
6. Place in oven.

### Honey Roast Ham

2kg (4 1/2 lb) joint middle cut gammon  
Sauce:  
2 tablespoons honey  
2 tablespoons sherry  
1 tablespoons demerara sugar

1. Soak gammon in cold water overnight. Drain and dry.
2. Coat with sauce, wrap in foil.
3. Place in tin.
4. Cook on 180°C for 30 minutes. Add rest of meal to oven and set to 'Slow' setting for 7 hrs.

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# 'Slow' Setting Menus

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## Menu 5 continued

225g (8 oz) slightly stale bread  
250ml (1/2 pint) milk  
2 eggs  
1 tablespoon brandy, optional  
175g (6 oz) mixed dried fruit  
40g (1 1/2 oz) demerara sugar  
50g (2 oz) melted butter  
1 teaspoon mixed spice  
Finely grated rind of 1 lemon  
Grated nutmeg  
Caster sugar

## Spiced Bread Pudding

1. Grease shallow ovenproof dish. Line base with greased greaseproof paper.
2. Cut bread into very small pieces.
3. Bring milk to boil and pour over bread. Add pinch of salt, allow to stand for about 20 mins or until pulped.
4. Lightly beat eggs and stir into bread mixture with brandy, dried fruit, sugar, butter, mixed spice and lemon rind. Mix well together.
5. Turn mixture into prepared dish. Sprinkle with little nutmeg and caster sugar.
6. Place in oven.

## Ratatouille

375g (12 oz) aubergines  
Salt  
225g (8 oz) onions, peeled and sliced  
1-2 cloves of garlic, crushed  
2 tablespoons vegetable oil  
375g (12 oz) tomatoes, skinned and roughly chopped  
375g (12 oz) courgettes, sliced  
375g (12oz) red peppers, de-seeded and sliced  
Bunch of fresh herbs  
Salt and pepper  
Chopped parsley

1. Slice aubergines and sprinkle with salt, leave for 30 mins, pat dry.
2. Cook onions gently with garlic, in oil until soft.
3. Add remaining ingredients, and heat thoroughly.
4. Place in casserole dish.
5. Cover tightly with foil and lid.
6. Place in oven.

## Menu 6

**Tomato Soup**  
**Fruity Chicken Casserole**  
**Rice Pudding**

## Method

Cook on 'Slow' setting for 7 hrs.

## Tomato Soup

1 medium sized onion, peeled and chopped  
15ml (1 tbsp) vegetable oil  
675g (1 1/2 lb) tomatoes, roughly chopped  
500ml (1 pint) vegetable stock  
Salt and pepper  
5ml (1 level tsp) caster sugar

1. Fry onion gently in oil until soft.
2. Add tomatoes, stock, seasoning and bring to boil.
3. Place in casserole dish cover with foil and lid and place in oven.
4. Before serving, sieve soup.
5. Reheat, adjust seasoning if necessary and stir in sugar.
6. For cream of tomato soup stir in 50 ml (2fl oz) cream and reheat soup very gently without boiling. Garnish with a swirl of cream.

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# **'Slow' Setting Menus**

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## **Fruity Chicken Casserole**

4 chicken joints  
1 red pepper, de-seeded and sliced  
2 sticks of celery, chopped  
1 large onion, peeled and sliced  
100g (4oz) mushrooms, sliced  
400g (14oz) can sliced peaches  
3 tablespoons cornflour  
1 tablespoon soya sauce  
3 tablespoons malt vinegar  
Salt and pepper

1. Skin chicken joints and place in 2 litre (3 1/2 pint) casserole dish.
2. Fry pepper, onion, celery and mushrooms in oil.
3. Cover chicken with vegetables.
4. Drain fruit, reserving juice, and add to casserole.
5. Blend cornflour with soya sauce, vinegar and reserved juice, bring to the boil in a saucepan, add seasoning and pour into casserole dish.

## **Rice Pudding**

50g (2oz) pudding rice  
Knob of butter  
25g (1oz) sugar  
500ml (1pt) milk, warmed  
Grated nutmeg

1. Place the washed rice into a greased dish and dot with butter.
2. Dissolve the sugar in the heated milk and pour over the rice.
3. Sprinkle grated nutmeg over the top.
4. Leave uncovered, place in oven.

## **Hob**

1 garlic clove, finely chopped  
1 onion, peeled and chopped  
1 tablespoon vegetable oil  
1kg (2lb) parsnips, peeled and chopped  
2 tablespoon paprika  
2 teaspoon plain flour  
2 large cooking apples, peeled, cored and chopped  
750ml (1 1/2 pints) vegetable stock  
2 tablespoon tomato puree  
pinch dried thyme  
1 bay leaf

## **Method**

### **Parsnip and Apple Goulash**

1. Gently fry garlic in oil, add parsnips and paprika, sprinkle over flour and cook gently for 1-2 minutes.
2. Add remaining ingredients and bring to boil. Reduce heat to a simmer setting, cover pan and cook for 50-60 minutes.

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# 'Slow' Setting Menus

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## Hob

2 tablespoons olive oil  
450g (1lb) leg of lamb, cut into chunks  
1 onion, peeled and chopped  
2 garlic cloves, crushed  
1 teaspoon ground coriander  
1 teaspoon ground cumin  
100g (4oz) red lentils  
1 tablespoon tomato puree  
250ml (1/2 pint) lamb stock  
4 tomatoes, skinned and cut into wedges  
1 tablespoon fresh parsley, chopped  
Salt and Pepper

## Method

### Lamb with Lentils

1. Heat the oil in a large pan, add lamb and fry for 5 minutes. Add the onion, garlic, coriander, cumin, and seasoning, cook for 5 minutes.
2. Add the remaining ingredients and bring to the boil.
3. Reduce heat to a simmer setting, cover pan and cook for 30-40 minutes until most of stock is absorbed.

### Braised Beef      Serves 4

2 tablespoons oil  
1kg (2lb) lean, boned joint of beef  
Salt and pepper  
1 teaspoon mixed herbs  
1 onion, chopped  
3 sticks celery, chopped  
1 leek, sliced  
3 medium carrots, chopped  
375ml (3/4 pint) stock (substitute wine for part or all the stock if desired)  
Bay leaf  
2 teaspoon tomato puree  
25g (1oz) butter  
25g (1oz) plain flour

} Blended to a paste.

1. Heat the oil on maximum setting for 2-3 minutes. Brown the meat well in the oil. Season with salt and pepper. Add the mixed herbs.
2. Add the onion, celery, leek and carrots and cook until golden brown. Add the stock (or wine if used), bay leaf and tomato puree. Stir well.
3. Reduce heat to a simmer setting. Cover with lid and cook for 1-1 1/2 hours until the meat is cooked. Transfer the meat and vegetables to a warm serving dish. Serve with the gravy. If a thicker gravy is required gradually add the butter and flour paste to the stock and cook, stirring, until thickened.

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# Care and Cleaning

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## Cleaning Materials to avoid

**TURN OFF THE MAIN SWITCH BEFORE CLEANING. BEFORE SWITCHING ON AGAIN, ENSURE THAT ALL CONTROLS ARE IN THE OFF POSITION.**

**NEVER USE BIOLOGICAL WASHING POWDER, HARSH ABRASIVES, SCOURING PADS, AEROSOL CLEANERS OR OVEN CHEMICAL CLEANERS OF ANY KIND.**

1. Plastic or nylon pads e.g. Scotchbrite and Vileda scourers, these may scratch the surface.
2. Household abrasive powders, e.g. Vim.
3. Oven chemical cleaners, aerosols and oven pads.  
Caustic cleaners such as these will etch the surface and attack the metal frame.
4. Bath and sink cleaners may mark the surface.

## Electric Sealed Hotplates

The cleaning of sealed hotplates should be done when they are cold, using a soap filled Brillo pad, following the grain of the hotplate. This will ensure that any stubborn, burnt on spillage's are removed. Wipe over with a damp clean cloth, making sure that all the cleaner has been removed. Finally, turn on hotplate to warm for a few minutes, then smear with a little cooking oil to provide a protective coating, or a restorative agent such as Collo-Electrol®, Four Hob etc.

## Hob Surround Gas Pan Supports & Gas Burner Discs

Clean with a cloth wrung out in soapy water. Stubborn stains can be removed with a cream, paste or liquid cleaner, or by gently rubbing with liberally soaped, very fine steel wool pads. Check that the cleaning agent used is approved by the Vitreous Enamel Development Council.

When cooking food which contains sugar (most food) or syrup, use a utensil which is large enough to prevent boil over or spillage. **Sugar spillage will permanently damage the hob and therefore should be cleaned off with care immediately.** If sugar spillage has occurred, remove it whilst it is still hot. This will avoid any damage. **NEVER LET IT COOL BEFORE REMOVING.**

## Note:

We do not recommend the use of decorative covers over the hot hotplates as these can hold condensation and cause corrosion. Accidental operation with a cover in place can cause intense heat. Never place saucepan lids on the hotplates, as this may cause corrosion.

## Control panel

Wipe with a damp cloth and polish with a dry cloth.

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# Care and Cleaning

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## Decorative Trims

It is advisable to clean the decorative trims regularly to prevent any build up of soiling. The recommended method of cleaning is to wipe over the trims with a soft cloth wrung out in hot water or mild non-abrasive cleaner. (If in doubt try the cleaner on a small area of trim which is not noticeable in normal use). Then, after wiping with a cloth wrung out in clear water, dry with a soft clean cloth.

**Take care** during cleaning not to damage or distort the door seals. Do not lift the door seal from the oven chassis, if necessary remove the seal by carefully unhooking the corner clips.

**Take care** that the rating label edges are not lifted during cleaning, and furthermore that the lettering is not blurred or removed.

## Grill/Oven Compartments

Remove the grill pan and the wire grid food support, it is best to wash these items immediately after use to prevent stains from being burnt on when used again. Wipe out the grill/oven compartment, use a fine steel wool soap pad to remove stubborn stains from the rod shelf, grill deflector plate and the floor of the compartment.

## Grill Door

Wipe over the door outer panel with a cloth wrung out in hot soapy water, then after wiping with a cloth wrung out in clear water, dry with a soft clean cloth.

## Main Oven Doors

1. **Inner Glass Door** – open the door fully and unscrew the two screws securing the glass panel, taking care not to allow the glass to fall. The glass panel may now be washed at the sink. Stubborn stains can be removed by using a fine steel wool soap pad. **Ensure the glass panel is not subjected to any sharp mechanical blows.**

Take particular care not to damage the inner surface which is coated with a heat reflective layer. After cleaning, rinse and dry with a soft cloth. For slight soiling the inner glass panel may be cleaned, while still warm, without removing it from the door.

2. Remove the rod shelves and meat pan.

Use a fine steel wool soap pad to remove stubborn stains from the rod shelves, meat pan and the floor of the oven.

**WARNING: Oven must not be operated with inner door glass removed.**

## Oven Lamps

**WARNING: Switch off the electricity supply before replacing the oven lamps.**

## How 'Credaclean' Works

The surface of the 'Credaclean' oven liners are treated on the mottled face with a special vitreous enamel which absorbs cooking soils. At temperatures of 220°C (425°F) or above, the special surface enables these soils to be slowly destroyed. The higher the temperature the more effective it is. In most cases normal cooking operation at this temperature will permit this cleaning operation to proceed during cooking. However if higher cooking temperatures are not used regularly it may be necessary, to prevent heavy soiling, to run the oven without a meat pan at maximum setting for a couple of hours. This may be necessary once a month or once every two or three months depending on the type and amount of oven cooking.

**Oven Liners** – sides

It should not normally be necessary to clean the 'Credaclean' panels in water. If desirable remove the rod shelves and the side panels and wash them in warm soapy water, followed by rinsing in clean water.

# Cooking Results Not Satisfactory?

Problem	Check
<b>Grilling</b> Uneven cooking front to back	Ensure that the grill pan is positioned centrally below the grill element.
Fat splattering	Ensure that the grill is not set to too high a setting.
<b>Fan Oven Baking</b> Uneven rising of cakes	Ensure that the oven shelves are level by using a spirit level on the rod shelf and adjusting the wheels/feet. The oven should be checked both left to right and front to back.
Sinking of cakes	The following may cause cakes to sink: 1. Preheat of fan ovens. 2. Cooking at too high a temperature. 3. Using normal creaming method with soft margarine. (use the all-in-one method – see Cook Book supplied)
Over/Under cooking Fast/Slow cooking	Refer to the cooking times and temperatures given in the Cook Book provided, however, it may be necessary to increase or decrease temperatures by 10°C to suit personal taste. Do not use utensils greater than 2 1/4" in height.
Uneven cooking of cakes	1. Too large baking sheet used (see 'Cookery Notes' page 23 for correct sizes). 2. Over loading of oven and always ensure even air gaps around baking tins. 3. Placed into pre-heated oven. (see 'Cookery Charts' on pages 25-26).

Should you require any advice concerning cooking with your new cooker, our Home Economics Department is always available to advise if you write to:-

The Home Economist,  
General Domestic Appliances L.T.D.  
Creda Works, Blythe Bridge,  
Stoke-on-Trent, ST11 9LJ.

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# Something Wrong with your Cooker?

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Before contacting your Creda Service Centre/Installer, check the problem guide below; there may be nothing wrong with your cooker.

Problem	Check
Nothing works	Is the main cooker wall switch turned on?  If the clock is not working it is likely that there is no electricity supply to your cooker.
Neither ovens work. Grill works.	Ensure the clock is in the manual mode, see page 13.
Slight odour or small amount of smoke when using the cooker for the first time.	This is normal and should cease after a short period.
Conventional grill does not work	Make sure the grill door is open, (in the grilling position).

If there is still a problem with your cooker then contact your nearest Service Centre; please see back cover.

## **DISPOSAL OF YOUR PRODUCT**

To minimise the risk of injury to children please dispose of your product carefully and safely. Remove all doors and lids (where fitted). Remove the mains cable (where fitted) by cutting off flush with the appliance and always ensure that no plug is left in a condition where it could be connected to the electricity supply.

To help the environment, Local Authority instructions should be followed for the disposal of your product.









# *Key Contacts*

## *Service*

Creda has the largest appliance manufacturer's service team in Europe, trained specialists directly employed by us to ensure your complete confidence.

## *Repair Service*

*UK: 08709 066 066*

*Republic of Ireland: 1850 302 220*

You will be asked for the following information:-

Name, address and postcode.

Telephone number

Model / Serial number of the appliance

Clear and concise details of the query or fault

Place and Date of purchase

(Please keep the receipt as evidence will be required when the engineer calls).

## *Extended Warranty*

*To join: UK 08709 088 088*

*Republic of Ireland: 1850 302 220*

## *Genuine Parts & Accessories*

### *Mail Order Hotline*

*UK: 08709 077 077*

*Republic of Ireland: (01) 842 6836*

For further product information 08701 54 64 74

All Creda Services are offered as an extra benefit and do not affect your statutory rights.

# **Creda**

General Domestic Appliances Limited, Morley Way, Peterborough, PE2 9JB